# BEFORE THE DIVISION OF MEDICAL QUALITY MEDICAL BOARD OF CALIFORNIA DEPARTMENT OF CONSUMER AFFAIRS STATE OF CALIFORNIA

In the Matter of the Accusation Against:	) ) D-4146
Arthur R. Marks, M.D. Certificate # C-11134	) )
Respondent.	)

## **DECISION**

The attached Stipulation is hereby adopted by the Division of Medical Quality of the Medical Board of California as its Decision in the above-entitled matter.

This Decision shall become effective on September 21, 1990

IT IS SO ORDERED August 20, 1990

DIVISION OF MEDICAL QUALITY MEDICAL BOARD OF CALIFORNIA

THERESA CLAASSEN Secretary-Treasurer

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1 2 3 4 5	JOHN K. VAN DE KAMP, Attorney General of the State of California ALFREDO TERRAZAS Deputy Attorney General 455 Golden Gate Avenue, Suite 6200 San Francisco, California 94102-3658 Telephone: (415) 557-2515 Attorneys for Complainant					
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7	BEFORE THE  MEDICAL BOARD OF CALIFORNIA  DIVISION OF MEDICAL QUALITY  DENAMEMBER OF CONCUMENT AREA TO C					
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9	DEPARTMENT OF CONSUMER AFFAIRS STATE OF CALIFORNIA					
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11	In the Matter of the Accusation	)				
12	Against:	) No. D-4146				
13	ARTHUR R. MARKS, M.D. 5614 Caminito Herminia	) STIPULATION, WAIVER ) AND ORDER				
14	La Jolla, California 92037	) AND ORDER				
15	Physician's and Surgeon's License No. C11134					
16	Respondent.					
17	Acaponaent.					
18	IT IS HEREBY STIPULATED by	y and between ARTHUR R. MARKS,				
19	M.D., (hereinafter "respondent") and his attorney Richard K.					
20	Turner, Esq. and the Medical Board of	of California (formerly the				
21	"Board of Medical Quality Assurance" and hereinafter "Board") by					
22	and through its attorney Alfredo Terrazas, Deputy Attorney					
23	General, as follows:					
24	1. Accusation No. D-4146 is presently pending before					
25	the Board. A copy of said Accusation is attached hereto as					
26	Exhibit A and incorporated herein by reference.					
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2. Respondent is represented by Richard K. Turner, Attorney at Law, of the firm Turner and Sullivan.

- 3. Respondent understands the nature of the charges and allegations in Accusation No. D-4146 as constituting cause for discipline upon him and has had them explained to him by his attorney.
- 4. Respondent is fully aware of and has had explained to him by his attorney his right to a decision based on a hearing on the charges and allegations in Accusation No. D-4146, his right to reconsideration, to appeal and any and all other rights which may be accorded to him under the California Administrative Procedure Act and the laws of the State of California as they may be related to Accusation No. D-4146.
- 5. That at the time of executing and filing the Accusation, Kenneth Wagstaff was the Executive Officer of the Board and filed the Accusation solely in his official capacity and not otherwise.
- 6. Respondent fully and voluntarily and after consulting with his attorney waives his right to a decision based on a hearing, reconsideration and appeal and any and all other rights which may be accorded to him under the California Administrative Procedure Act and the laws of the State of California as they may relate to Accusation No. D-4146.
- 7. All admissions of fact and conclusions of law contained in this Stipulation are made exclusively for this proceeding and any future proceeding between the Board and the respondent and shall not be deemed to be admissions for any

purpose in any other administrative, civil or criminal action, forum or proceeding.

- Respondent admits that he treated all eight (8) 8. patients identified in paragraphs six through fourteen (6 through 14) of Accusation No. D-4146 by placing them on a weight reduction program which included a diet; a prescription for synthroid (a synthetic form of thyroid medication); a prescription for potassium supplements and amino acid supplements. Respondent further admits that he prescribed and/or administered synthroid and potassium to said patients without medical indication therefor. Respondent admits that these patients had no medical indication for the administration of thyroid hormone (synthroid) in view of normal thyroid function or for the prescribing and/or administering of potassium since their serum potassium levels were normal. Finally, respondent admits that he, as the Medical Director of the Medical Clinics at all times relevant herein, was remiss in obligations to prevent from being disseminated to the public communications relating to weight loss which could be construed as false, fraudulent, misleading or deceptive. Therefore, respondent acknowledges, that grounds for discipline are stated herein pursuant to Business and Professions Code section 2234(d).
- 9. Based on the foregoing recitals and stipulations, IT IS FURTHER STIPULATED AND AGREED that the Board may issue a decision as follows:

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Physician's and Surgeon's License Number C11134 issued to respondent Arthur R. Marks, M.D., is revoked; provided, however, that said revocation is stayed, except for an actual suspension of 90 days, and respondent is placed on probation for five (5) years upon the following terms and conditions:

## (A) Actual Suspension.

As part of probation respondent is suspended from the practice of medicine for 90 days, beginning on the effective date of this decision.

## (b) Education Course.

Within 90 days of the effective date of this decision, and on an annual basis thereafter, respondent shall submit to the Division for its prior approval an educational program or course to be designated by the Division, but which shall include courses in Endocronology and Pharmacology which shall not be less than 40 hours per year, for the first year of probation and for 25 hours per year thereafter for the remaining four years of probation. This program shall be in addition to the Continuing Medical Education requirements for re-licensure. Following the completion of each course, the Division or its designee may administer an examination to test respondent's knowledge of the course. Respondent shall provide proof of attendance for 65 hours of continuing medical education of which 40 hours were in satisfaction of this condition and were approved in advance by the Division.

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## (c) Ethics.

Within 60 days of the effective date of this decision, respondent shall submit to the Division for its prior approval a course in Ethics, which respondent shall successfully complete during the first year of probation.

# (d) Oral Clinical Exam. (Condition Precedent)

Within 90 days of the effective date of this decision, respondent shall take and pass an oral clinical exam, in general medicine with emphasis on the proper treatment and monitoring of weight control to be designated and administered by the Division or its designee. If respondent fails this examination, respondent must take and pass a re-examination consisting of a written as well as an oral examination. The waiting period between repeat examinations shall be at three month intervals until success is achieved. The Division shall pay the cost of the first examination and respondent shall pay the cost of any subsequent re-examinations.

Respondent shall not practice medicine until respondent has passed the required examination and has been so notified by the Division in writing. Failure to pass the required examination no later than 100 days prior to the termination date of probation shall constitute a violation of probation.

## (e) Obey All Laws.

Respondent shall obey all federal, state and local laws and all regulations governing the practice of medicine in California.

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# (f) Quarterly Reports.

Respondent shall submit quarterly declarations under penalty of perjury on forms provided by the Division, stating whether there has been compliance with all the conditions of probation.

## (g) Surveillance Program.

Respondent shall comply with the Division's probation surveillance program.

# (h) Interview With Medical Consultant.

Respondent shall appear in person for interviews with the Division's medical consultant upon request at various intervals and with reasonable notice.

## (i) Tolling for Out-of-State Practice or Residence.

The period of probation shall not run during the time respondent is residing or practicing outside the jurisdiction of California. If, during probation, respondent moves out of the jurisdiction of California to reside or practice elsewhere; respondent is required to immediately notify the Division in writing of the date of departure, and the date of return, if any.

## (j) Completion of Probation.

Upon successful completion of probation respondent's certificate will be fully restored.

## (k) Violation of Probation.

If respondent violates probation in any respect, the Division, after giving respondent notice and the opportunity to be heard, may revoke probation and carry out the disciplinary order that was stayed. If an Accusation or Petition to Revoke

1	Probation is filed against respondent during probation, the				
2	Division shall have continuing jurisdiction until the matter is				
3	final, and the period of probation shall be extended until the				
4	matter is final.				
5	10. The parties hereto agree that the admissions and				
6	terms and conditions set forth herein shall be null and void and				
7	not binding upon them unless and until approved and adopted by				
8	the Medical Board of California.				
9					
10	DATED: 4, 1990				
11	JOHN K. VAN DE KAMP				
12	Attorney General of the State of California				
13					
14	ALFREDO TERRAZAS				
15	ALFREDO TERRAZAS Deputy Attorney General				
16	Attorneys for Complainant				
17					
18	DATED: JUNE 15,1950 TURNER and SULLIVAN				
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20	PTCHAPD K TURNED FOR				
21	RICHARD K. TURNER, Esq. Attorney for Respondent				
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I hereby certify that I have read this Stipulation and Agreement in its entirety, that my attorney of record has fully explained the legal significance and consequences thereof, that I fully understand all of the same and in witness thereof I affix my signature.

C. 13-90

Respondent

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1	JOHN K. VAN DE KAMP, Attorney General of the State of California					
2	ALAN S. METH,					
3	Deputy Attorney General Department of Justice					
4	110 West A Street, Suite 700 San Diego, California 92101					
5	Telephone: (619) 237-7224					
6	Attorneys for Complainant					
7	BEFORE THE					
8	BOARD OF MEDICAL QUALITY ASSURANCE					
9	DIVISION OF MEDICAL QUALITY					
10						
	DEPARTMENT OF CONSUMER AFFAIRS					
11	STATE OF CALIFORNIA					
12						
13	In the Matter of the Accusation ) NO. D-4146 Against:					
14	j					
15	5614 Caminito Herminia					
16	La Jolla, CA 92037					
17	Physician's and Surgeon's ) License No. C11134 )					
18	Respondent.					
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20	COMES NOW Kenneth Wagstaff, who as cause for					
21	disciplinary action, alleges:					
22	1. Complainant is the Executive Director of the Board					
23	of Medical Quality Assurance of the State of California					
24	(hereinafter the "Board") and makes and files this accusation					
25	solely in his official capacity.					
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## LICENSE STATUS

2. On or about June 3, 1948, Physician's and Surgeon's License No. C11134 was issued by the Board to Arthur R. Marks, M.D. (hereinafter "respondent"), and at all times relevant herein, said license was, and currently is, in full force and effect.

## STATUTES

- 3. Business and Professions Code (hereinafter "Code") section 2227 provides that the Board may revoke, suspend for a period not to exceed one year, or place on probation, the license of any licensee who has been found guilty under the Medical Practice Act.
  - 4. Section 2234 of the Code provides:

"The Division of Medical Quality shall take action against any licensee who is charged with unprofessional conduct. In addition to other provisions of this article, unprofessional conduct includes, but is not limited to, the following:

"(b) Gross negligence.

- "(c) Repeated negligent acts.
- "(d) Incompetence.
- "(e) The commission of any act involving dishonesty or corruption which is substantially related to the qualifications, functions, or duties of a physician or surgeon."

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- "(a) It is unlawful for any person licensed under this division or under any initiative act referred to in this division to disseminate or cause to be disseminated, any form of public communication containing a false, fraudulent, misleading, or deceptive statement or claim, for the purpose of or likely to induce, directly or indirectly, the rendering of professional services or furnishing of products in connection with the professional practice or business for which he is licensed. A "public communication" as used in this section includes, but is not limited to, communication by means of television, radio, motion picture, newspaper, book, or list or directory of healing arts practitioners.
  - "(b) A false, fraudulent, misleading, or deceptive statement or claim includes a statement or claim which does any of the following:
    - (1) Contains a misrepresentation of fact.
    - (2) Is likely to mislead or deceive because of a failure to disclose material facts.
    - (3) Is intended or is likely to create false or unjustified expectations of favorable results.
    - (4) Relates to fees, other than a standard consultation fee or a range of fees for specific

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types of services, without fully and specifically disclosing all variables and other material factors.

(5) Contains other representations or implications that in reasonable probability will cause an ordinarily prudent person to misunderstand or be deceived.\*

## FACTS

- Director of the Medical Clinics, which consisted of two offices located in San Diego County. The Medical Clinics provided a weight reduction program. It advertises to the public and informs its patients, among other things, that weight reduction is achieved by metabolic adjustment, that no strict dieting is required, and that the weight loss will be permanent. The program includes a diet, prescriptions for thyroid medication and potassium supplements, and amino acid supplements. Patients are told routinely that for each new patient they refer to the Clinic, they will be given one free week of treatment.
- 7. On or about April 20, 1988, Jeff B. went to a Medical Clinics office, filled out an information sheet and consultation sheet, had some laboratory work done, and paid \$295. On or about May 2, 1988, respondent performed a physical examination on Jeff B., and did the following:
- a. On a pre-printed form, made a recommendation of: (1) calorie-carbohydrate control diet; (2) amino acid

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- b. Gave the patient prescriptions for synthroid,0.05 mcg, #30 and micro K, 10 mEQ, #30 (potassium).
- c. Diagnosed the patient as suffering from hyperlipidemia.
- 8. On or about June 8, 1988, Anita B. went to a Medical Clinics office, filled out an information sheet and consultation sheet, had some laboratory work done, and was billed \$240. On or about June 15, 1988, respondent performed a physical examination on Anita B., and did the following:
- a. On a pre-printed form, made a recommendation of: (1) calorie-carbohydrate control diet; (2) amino acid supplements to prevent nitrogen imbalance; (3) balanced vitamin-mineral tablet once a day; and (4) Rx for 0.05 mcg synthroid and potassium supplement as needed (Micro K., 10 mEq #30).
- b. Gave the patient prescriptions for synthroid,
   0.05 mcg, #30 and micro K, 10 mEQ, #30 (potassium).
- c. Diagnosed the patient as suffering from hypercholesterolemia and hypertension.
- 9. On or about October 5, 1988, Gina B. went to a Medical Clinics office, filled out an information sheet and consultation sheet, had some laboratory work done, and was billed \$764. On or about October 13, 1988, respondent performed a physical examination on Gina B., and did the following:

a Medical Clinics office, filled out an information sheet and

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- of: (1) calorie-carbohydrate control diet; (2) amino acid supplements to prevent nitrogen imbalance; (3) balanced vitamin-mineral tablet once a day; and (4) Rx for 0.05 mcg synthroid and potassium supplement as needed (Micro K., 10 mEq #30).
- b. Gave the patient prescriptions for synthroid,0.05 mcg, #30 and micro K, 10 mEQ, #30 (potassium).
- c. Diagnosed the patient as suffering from anemia, hyperlipidemia, and hyperglycemia.
- 12. On or about April 14, 1988, Frances P. went to a Medical Clinics office, filled out an information sheet and consultation sheet, had some laboratory work done, and was billed \$240. On or about April 27, 1988, respondent performed a physical examination on Frances P., and did the following:
- a. On a pre-printed form, made a recommendation of: (1) calorie-carbohydrate control diet; (2) amino acid supplements to prevent nitrogen imbalance; (3) balanced vitamin-mineral tablet once a day; and (4) Rx for 0.05 mcg synthroid and potassium supplement as needed (Micro K., 10 mEq #30).
- b. Gave the patient prescriptions for synthroid,0.05 mcg, #30 and micro K, 10 mEQ, #30 (potassium).
- 13. On or about May 18, 1988, Rebecca R. went to a Medical Clinics office, filled out an information sheet and

consultation sheet, had some laboratory work done, and was billed \$295. On or about June 1, 1988, respondent performed a physical examination on Rebecca R., and did the following:

a. On a pre-printed form, made a recommendation

- a. On a pre-printed form, made a recommendation of: (1) calorie-carbohydrate control diet; (2) amino acid supplements to prevent nitrogen imbalance; (3) balanced vitamin-mineral tablet once a day; and (4) Rx for 0.05 mcg synthroid and potassium supplement as needed (Micro K., 10 mEg #30).
- b. Gave the patient prescriptions for synthroid,
   0.05 mcq, #30 and micro K, 10 mEQ, #30 (potassium).
- c. Diagnosed the patient as suffering from hypothyroidism and hyperlipidemia.
- 14. On or about August 10, 1988, Llewellyn S. went to a Medical Clinics office, filled out an information sheet and consultation sheet, had some laboratory work done, and was billed \$764. On or about August 12, 1988, respondent performed a physical examination on Llewellyn S., and did the following:
- a. On a pre-printed form, made a recommendation of: (1) calorie-carbohydrate control diet; (2) amino acid supplements to prevent nitrogen imbalance; (3) balanced vitamin-mineral tablet once a day; and (4) Rx for 0.05 mcg synthroid and potassium supplement as needed (Micro K., 10 mEq #30).
- b. Gave the patient prescriptions for synthroid,0.05 mcg, #30 and micro K, 10 mEQ, #30 (potassium).
- c. Diagnosed the patient as suffering from hypothyroidism.

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## CHARGES AND ALLEGATION

- 2 15. Respondent Arthur R. Marks, M.D. is subject to
  3 discipline under section 2234(d) of the Code, incompetence
  4 because of, but not limited to, the following:
  5 a. Respondent prescribed synthroid to patients
  6 without indication therefor, as more particularly described in
  7 paragraphs 7 through 14.
  - b. Respondent prescribed or administered potassium to patients without indication therefor, as more particularly described in paragraphs 7 through 14.
  - c. Respondent placed the patients described in paragraphs 7 through 14 on diets which required them to take amino acids, when in fact such amino acids are not justified.
  - d. Respondent failed to diagnose or follow up on abnormal medical findings as follows:
  - (1) Hypertriglyceridemia found in patients
    Jeff B., Renee H., and Rebecca R.
    - (2) Anemia found in Kathy H.
    - (3) Hypertension found in Gina B.
  - (4) Increased serum iron found in patient Gina B.
  - e. Respondent failed to treat patients based upon his diagnosis as follows:
  - (1) Hypercholesterolemia as described in paragraphs 7c, 8c, 11c, and 13c.
  - (2) Leukocytes, large as described in paragraph 10c.

1	(3) Anemia as described in paragraphs 10c
2	and 11c.
3	(4) Hypertension as described in paragraph
4	8c.
5	(5) Fatigue as described in paragraph 9c.
6	f. Respondent made the following diagnoses which
7	were not warranted by the facts of the case or the results of
8	examinations:
9	(1) Hypothyroidism as described in
10	paragraphs 13c and 14c.
11	(2) Anemia as described in paragraph 10c.
12	(3) Leukocytes, large as described in
13	paragraph 10c.
14	(4) Fatigue as described in paragraph 9c.
15	(5) Hyperglycemia as described in paragraph
16	11c.
17	g. Respondent placed patients on a diet which
18	contained excessive amounts of fat.
19	16. Respondent Arthur R. Marks, M.D. is subject to
20	discipline under section 2234(c) of the Code, repeated negligent
21	acts, for the reasons set forth in paragraph 15.
22	17. Respondent Arthur R. Marks, M.D. is subject to
23	discipline under section 2234(b) of the Code, gross negligence,
24	because of, but not limited to the following:
25	a. Complainant realleges and incorporates by
26	reference each and every allegation contained in paragraph 15.
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- c. Respondent used pre-printed treatment schedules and stamped prescription blanks, and ordered identical dosages of synthroid and potassium supplements indiscriminately to the patients described in paragraphs 7 through 14.
- 18. Respondent Arthur R. Marks, M.D. is subject to discipline under section 651 of the Code in that respondent disseminated or caused to be disseminated the following public communications which were false, fraudulent, misleading, or deceptive:
- a. Weight loss is achieved by metabolic adjustment, when in fact it is accomplished by dietary restriction.
  - b. No strict dieting is needed.
  - c. Weight loss was permanent.
- d. Taking high potency amino acids causes a metabolic adjustment or assists in weight loss.
- e. Taking thyroid medication causes a metabolic adjustment or assists in weight loss.
- 19. Respondent Arthur R. Marks, M. D. is subject to discipline under section 2234(e) in that his treatment of patients who want to lose weight by prescribing thyroid medication and potassium supplements allegedly to adjust their metabolism, his use of excessive diagnostic procedures, his use

of amino acids in a weight loss program, his use of pre-printed 1 2 treatment schedules and stamped prescription blanks, his ordering of identical dosages of synthroid and potassium supplements 3 4 indiscriminately to his patients, his offer to his patients that 5 they would receive one free week of treatment for each new patient that they referred to the Medical Clinics, his failure to 6 diagnose his patients as suffering from obesity because such a 7 8 diagnosis generally results in an insurance company denying 9 coverage, and his false and misleading advertising designed to promote business for himself and the Medical Clinics, show a 10 pattern of dishonest and/or corrupt acts substantially related to 11 12 the qualifications, functions, or duties of a physician and 13 surgeon. 14 WHEREFORE, complainant requests that a hearing be held 15 on the matters alleged herein, and that following said hearing, the Board issue a decision: 16

- 1. Revoking or suspending Physician's and Surgeon's License Number C11134, heretofore issued to respondent Arthur R. Marks, M.D.;
- 2. Taking such other and further action as the Board deems proper.

DATED:	December	13.	1989	
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Executive Director

Board of Medical Quality Assurance Department of Consumer Affairs

State of California

Complainant